

WANT TO STOP GERMS DEAD IN THEIR TRACKS?  
IT'S SIMPLE...

## WASH YOUR HANDS MORE OFTEN!

### WHEN TO WASH YOUR HANDS:

- Before eating or preparing food
- After using the bathroom, changing a diaper or helping a child with toileting
  - After blowing your nose or wiping a child's nose
  - After playing with pets
- Before and after using eye drops or ointments
- Anytime they are dirty



### HERE'S THE BEST WAY TO GET HANDS VERY CLEAN:

1. Wet hands
2. Apply plain soap\*
3. Rub hands including between fingers and under nails for at least 20 seconds (about the time it takes to sing "Twinkle, Twinkle")
4. Rinse
5. Dry hands with a clean paper towel

*\*Antibacterial soaps cost more and may harm the environment. Only use waterless handcleaners when water is not available.*

For more Fact Sheets please go to [www.ParentHelpNH.org](http://www.ParentHelpNH.org)



Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org